



MAY 2009

WORKING WELLNESS

At home and at work, good health starts with you.

Health Insurance Survey: Q&A

3rd & FINAL INSTALLMENT

Question # 17: Do you have any suggestions to improve the prescription drug benefits?

- lower co-pay for required meds that are not preferred brand
- certain medication that patients/clients need to take for long term should be covered 100%
- birth control
- cheaper brands
- consider lowering pay for higher tiers
- lower prices
- reduce co-pay
- antibiotics should be free



Answer: Benefits, covered or not covered, are reviewed annually during the County's budget preparation. This includes prescription benefits that are inclusive in the Employee Benefit Plan.

No insurance can cover every medication that a doctor may prescribe. The goal is to strive to maintain the health and well-being of every health insurance participant while at the same time strive to sustain and preserve our plan's capability to fund the claims for services and medications that are considered medically necessary.

Prescription coverage information can viewed on Page 3 of your Employee Benefit Plan document.

You can view the Employee Benefit Plan document at:

http://monroecofl.virtualltownhall.net/Pages/MonroeCoFL_GroupInsurance/PDFs/Employee%20Health%20Plan%20Document%20eff.%20010107.PDF

You can also contact Walgreens Health Initiatives (WHI) at 1-800-207-2568, if you have questions regarding your prescription coverage.

HEALTH FAIRS 2009!

Now Accepting
Appointments
for May 19th
in Key West

BOCC Meeting Rm
Harvey Government Ctr
1200 Truman Avenue



Call (305) 292-
4446 or x4446
to make your
appointment

(deadline to make
appointments is May
18th by 5:00 PM)

May is...

- American Stroke Month
- Clean Air Month
- Mental Health Month
- National Cancer Research Month
- Older Americans Month
- Better Sleep Month
- Healthy Vision Month
- National Bike Month
- National Physical Fitness and Sports Month
- and more...



To find more information on National Health Observances visit <http://www.healthfinder.gov/nho/>.

The President's Challenge

May is National Physical Fitness and Sports Month. In the spirit of this National Health Observance, we would like to inform you of www.presidentschallenge.org.



This website has been in effect since 2003. If you are young or old, it is “designed to help improve anyone’s activity level. No matter how active you are right now, you’ll find a program that’s right for you.”

COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.

In recent months the Benefits Office has experienced employees who notify us of a work-related injury after they have already sought treatment from an unauthorized physician.

Please be aware that you should notify our Office and complete a First Report of Injury or Illness prior to visiting a physician for an illness or injury you may have sustained at work.

Failure to do this may result in your visit not being covered by Workers' Compensation and the claim will not be covered under your health insurance coverage if it was a work-related injury or illness.

Please visit our website at <http://monroecofl.virtualtownhall.net/Pages/MonroeCoFLWorkersComp/index> for more information regarding your Workers' Compensation coverage.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.